

Recent Updates

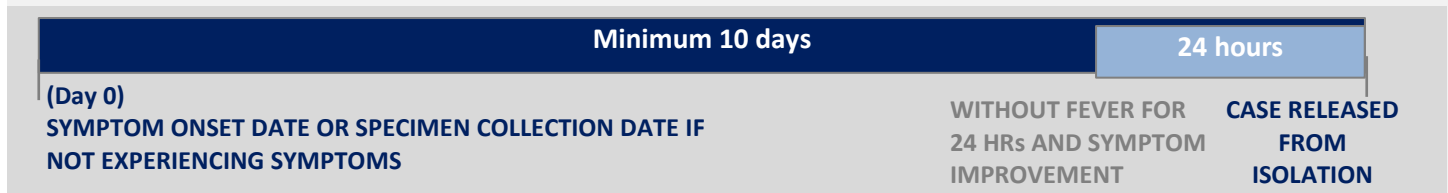
- 10/19/2021 – Revised timing of testing recommendation for close contacts to 5-7 days (rather than 3-5 days) after an initial exposure.
- 10/06/21 – Clarified language around requirements vs. recommendations.
- 10/01/21 – Removed antibody test results as an exemption to quarantine.
- 8/27/21 – Clarified that, in TN, the exemption from quarantine in K-12 settings applies to all individuals, not just students.

Isolation Guidance for Cases

Cases

Must isolate for a minimum of 10 days after onset and can be released after they are without fever for 24 hours (without fever-reducing medication) **and show improvement in symptoms.**

Some severely ill patients will need to isolate for at least 20 days. Cases without symptoms must isolate through 10 days after their specimen collection date.



Notes:

- Lingering cough or loss of taste or smell should not prevent a case from being released from isolation.
- If a follow-up PCR test is positive, cases do not need to re-enter isolation as long as they have completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours. If a case has been released from isolation and symptoms return, individuals do not need to re-enter isolation as long as they have completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.

Quarantine Guidance and Exceptions for Close Contacts

Quarantine Exceptions

Previous cases are not required to quarantine if they meet all the following criteria:

- Had COVID-19 illness within the previous 3 months **and**
- Have recovered **and**
- Remain without COVID-19 symptoms

In the K-12 setting, the close contact definition excludes individuals if both the infected individual and the exposed individual(s) correctly and consistently wore well-fitting masks the entire time.

Fully Vaccinated Close Contacts

Are not required to quarantine if they are fully vaccinated (≥2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose in a single dose vaccine) **and have remained asymptomatic since the exposure to COVID-19.** Vaccinated healthcare personnel, patients, and residents in healthcare settings should follow CDC guidance: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>

VACCINATED NON-HOUSEHOLD CONTACT

Fully vaccinated non-household contacts should get tested **5-7 days** after their exposure, even if they are asymptomatic, and should wear a mask indoors in public for 14 days following exposure or until test results are negative. If they test positive, they should isolate.

VACCINATED HOUSEHOLD CONTACT

A household contact is an individual who shares any living spaces with a case, including bedrooms, bathrooms, living rooms, kitchens, etc.

- If the contact can separate from the case within the home, then they can follow the non-household guidance. To separate, the case 1) must never be in the same room as household members 2) cannot share plates, cups, dishes, or phones with household members 3) should have their own bathroom (or conduct daily bathroom cleaning).
- If the contact cannot separate from the case in the home should get tested **5-7 days** after initial exposure to the case and after the end of the case's isolation (after day 10).

Unvaccinated Close Contacts

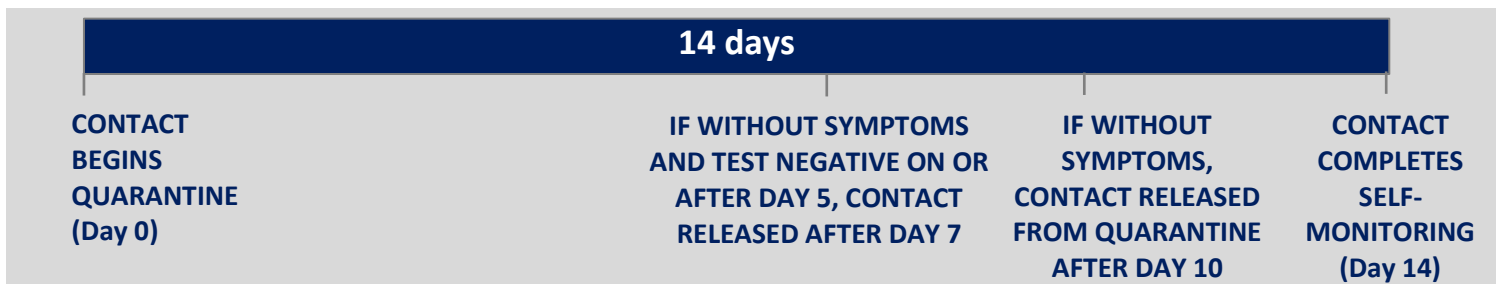
Should quarantine after exposure to a COVID-19 case according to non-household or household contact guidance. If symptoms develop, close contacts should isolate and be clinically evaluated for COVID-19, including SARS-CoV-2 testing, if indicated. Close contacts should quarantine regardless of whether the case was symptomatic. Exposure includes contact with a case during the time period beginning two days prior to case's symptom onset (or specimen collection date if case never experiences symptoms) through the end of the case's isolation period

UNVACCINATED NON-HOUSEHOLD CONTACT

TDH and CDC recommend a 14-day quarantine. Acceptable alternatives to a 14-day quarantine include:

- after Day 10 (returning to regular activities on Day 11) without testing if the contact does not have symptoms.
- after Day 7 (returning to regular activities on Day 8) if the contact does not have symptoms and if they test negative by a PCR or antigen test collected on or after Day 5.

Regardless of quarantine end date, contacts should continue to self-monitor for symptoms and wear a face mask through Day 14.



UNVACCINATED HOUSEHOLD CONTACT

A household contact is an individual who shares any living spaces with a case. This includes bedrooms, bathrooms, living rooms, kitchens, etc. Household contacts should be quarantined after exposure to a case.

Quarantine start: Household contacts should quarantine as long as they are exposed to the case, and for a 7-14 day period beyond their last exposure.

- If the contact can separate from the case within the home, then they are no longer considered exposed. To separate, the case 1) must never be in the same room as household members 2) cannot share plates, cups, dishes, or phones with household members 3) should have their own bathroom (or conduct daily bathroom cleaning).
- If the contact cannot separate from the case within the home, the contact should quarantine for the case's (minimum) 10-day isolation period plus an additional 7-14 days.

Quarantine end: Once exposure is no longer occurring (either the case has completed their 10-day isolation or the case and contact have separated within the home), then quarantine can end:

- after Day 14, as recommended by TDH and CDC
- after Day 10 (returning to regular activities on Day 11) without testing if the contact does not have symptoms.
- after Day 7 (returning to regular activities on Day 8) if the contact does not have symptoms and if they test negative by a PCR or antigen test on or after Day 5.

Regardless of quarantine end date, contacts should continue to self-monitor for symptoms and wear a mask through Day 14.

Notes:

- If a household contact develops symptoms of COVID-19, they become a case. They should begin isolation as a case and consider getting tested.
- Household contacts will often need to remain at home longer than the initial case.
- If a case has been released from isolation and symptoms return, household contacts do not need to restart the 10-day period as long as the case has completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.

